



# Suicide Awareness Brief

---





**Suicide is an individual matter , and should be dealt with on an individual basis.**





**People who commit suicide demonstrate many obvious warning signs to the people closest to them.**

---

**FALSE**





**Age, Sex, Rank, and Race are  
good indicators of suicide  
potential.**

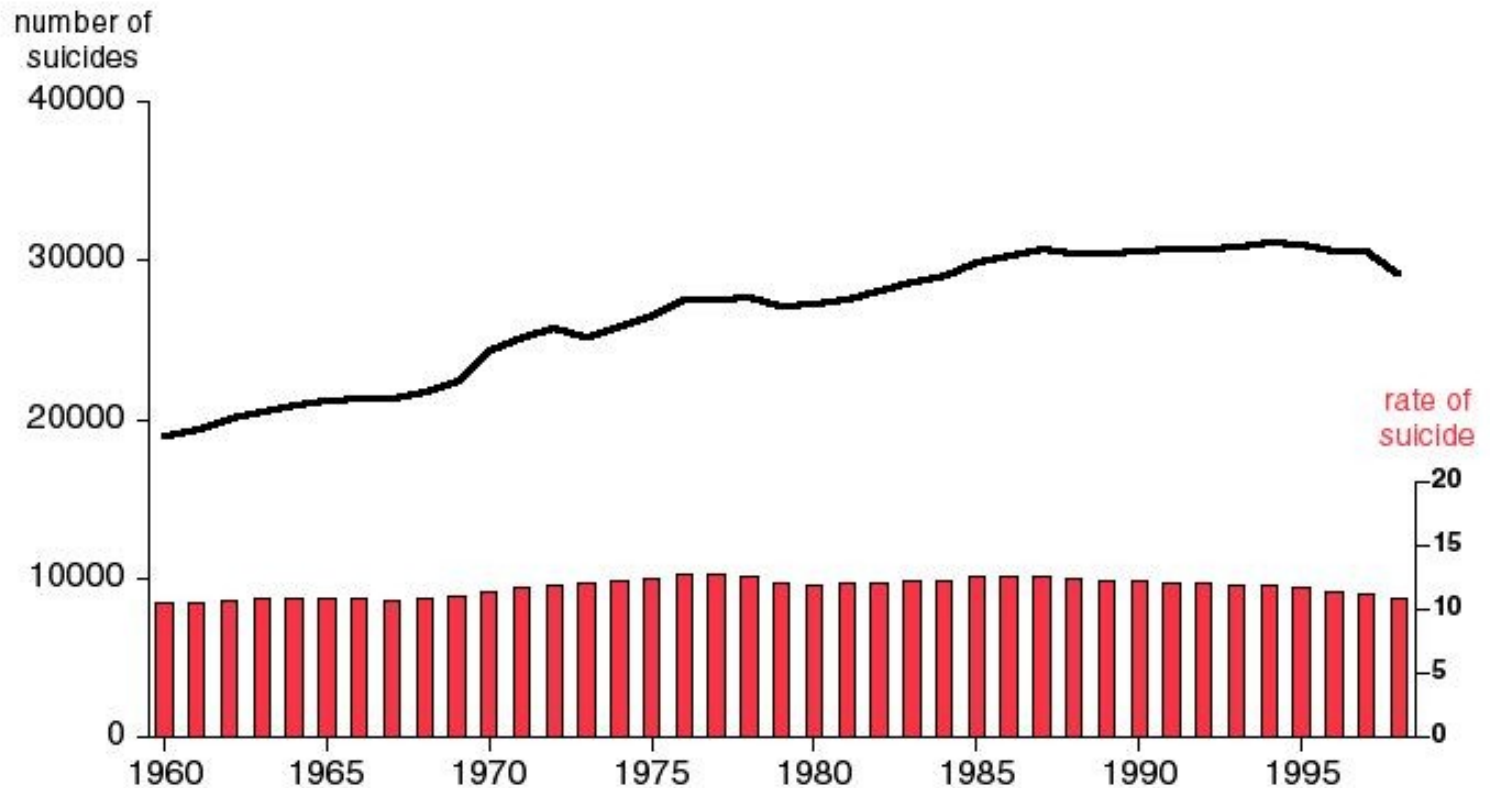
---







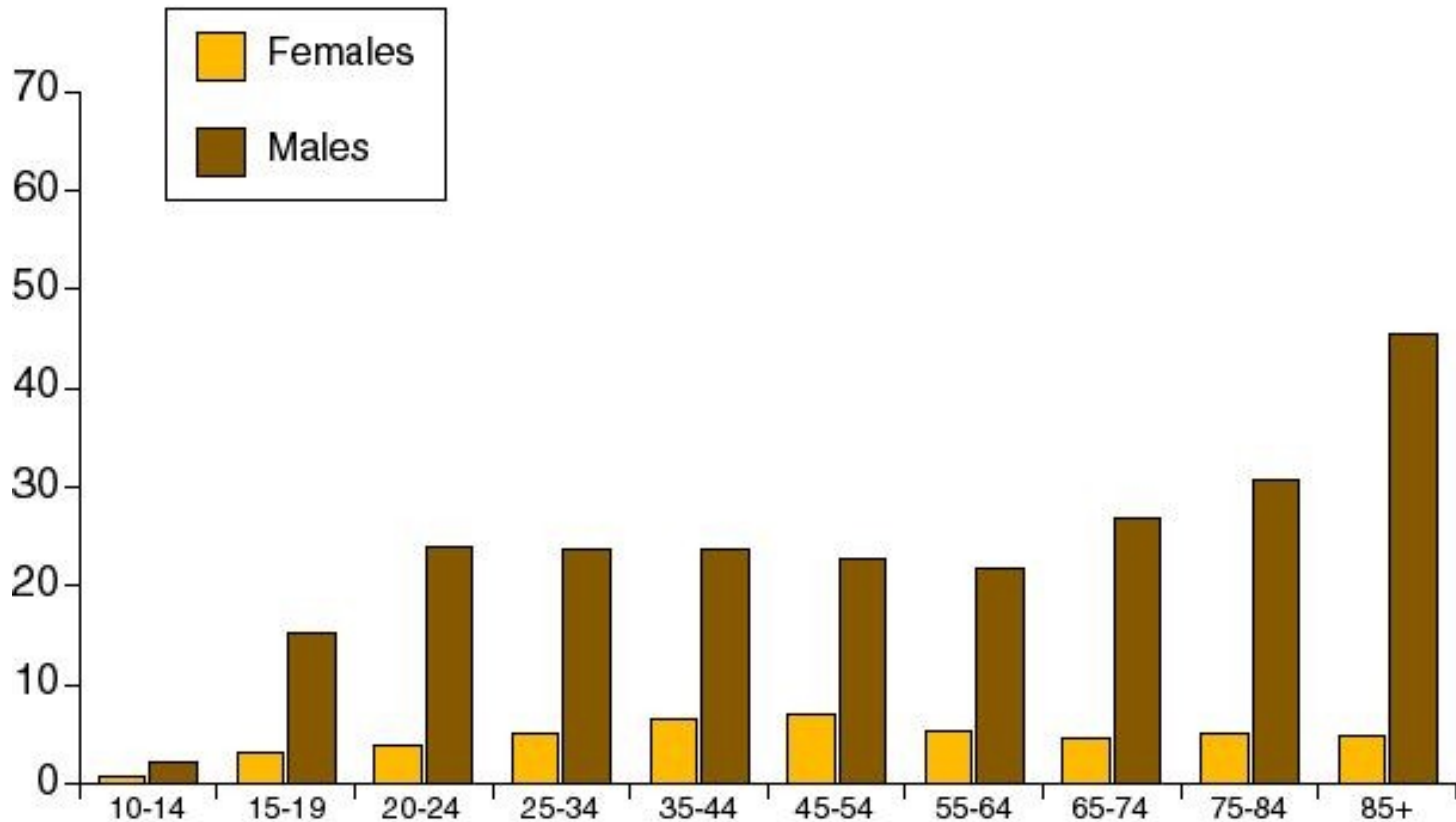
## Number and rate: two ways of looking at suicide. United States (1960 - 1999)





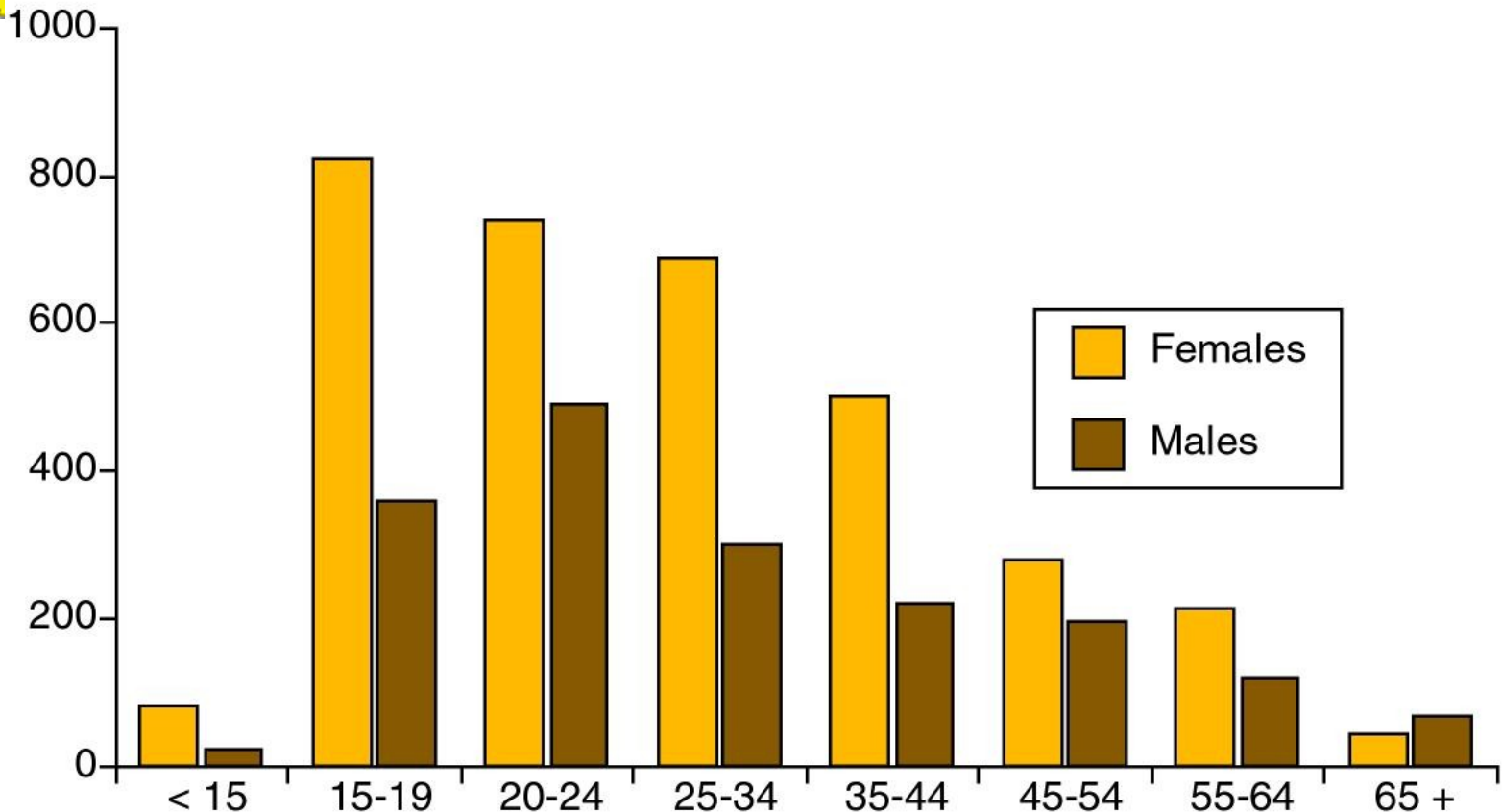
# Suicides By Age

United States (1995 - 1999)



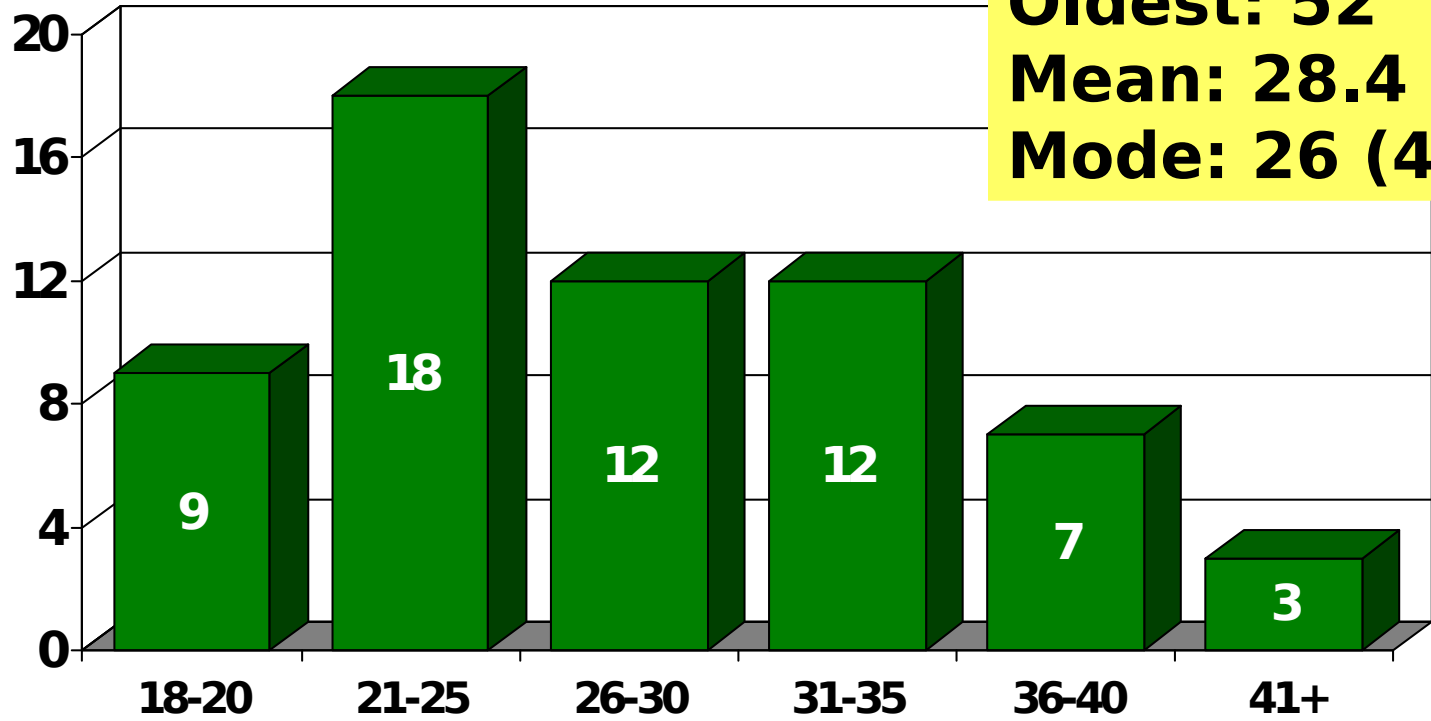


# Self-Injury Rates





# *Army Suicides - Age Group*



**Youngest:  
18**

**Oldest: 52**

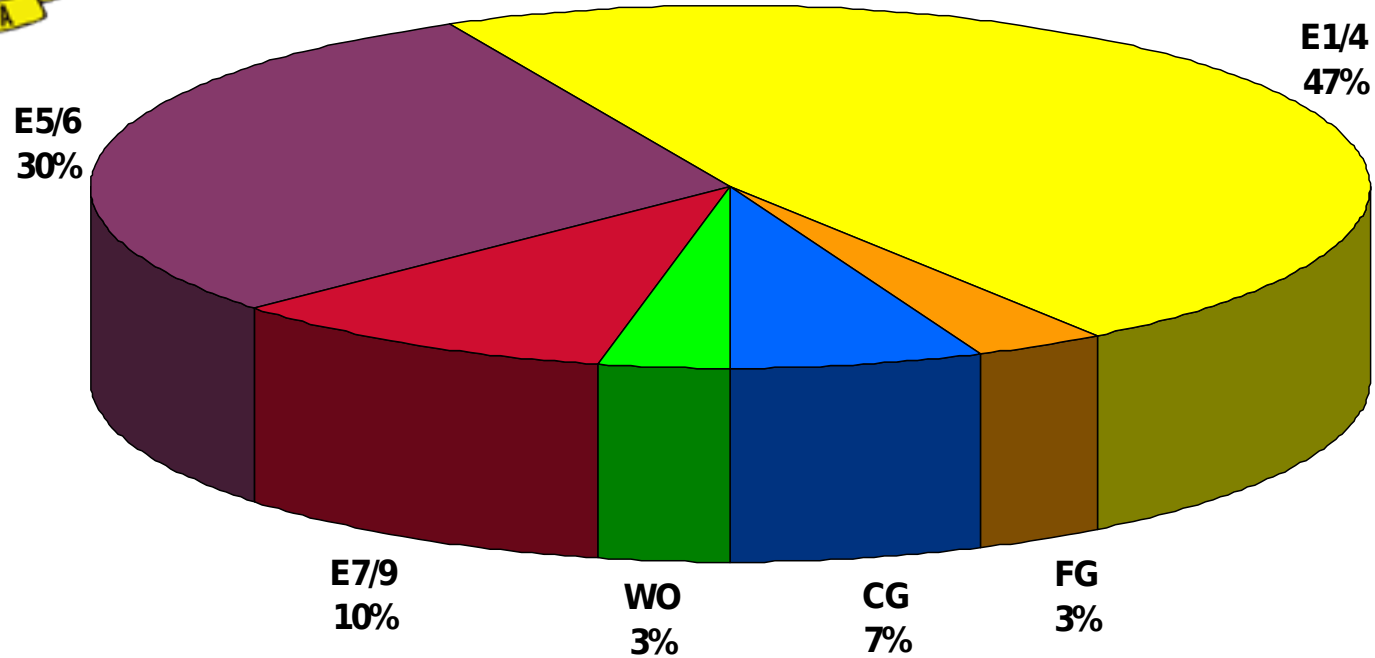
**Mean: 28.4**

**Mode: 26 (4)**





# Army Suicides - Rank

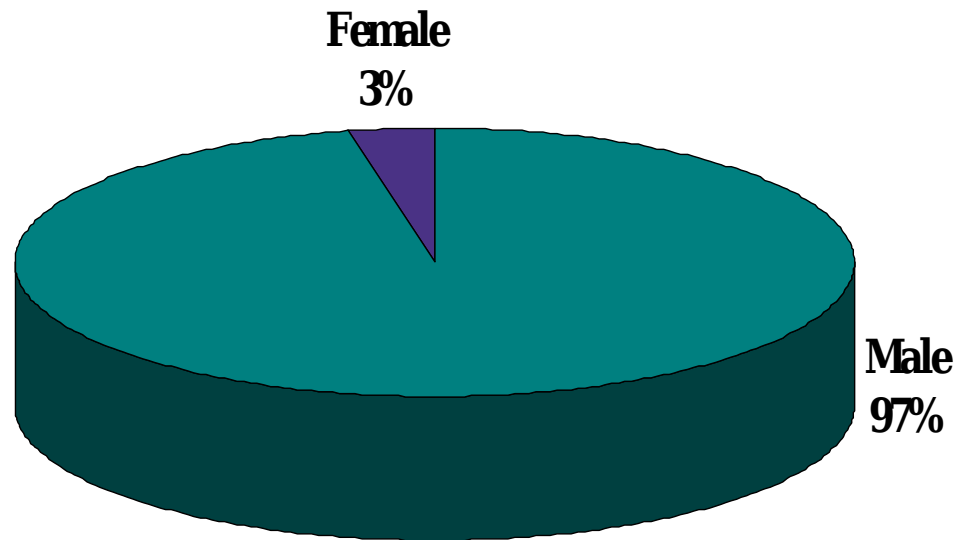


Confirmed	04/05	01/03	W1-W5	E7/E9	E5/E6
2	4	2	6	18	29



# Army Suicides - Gender

---



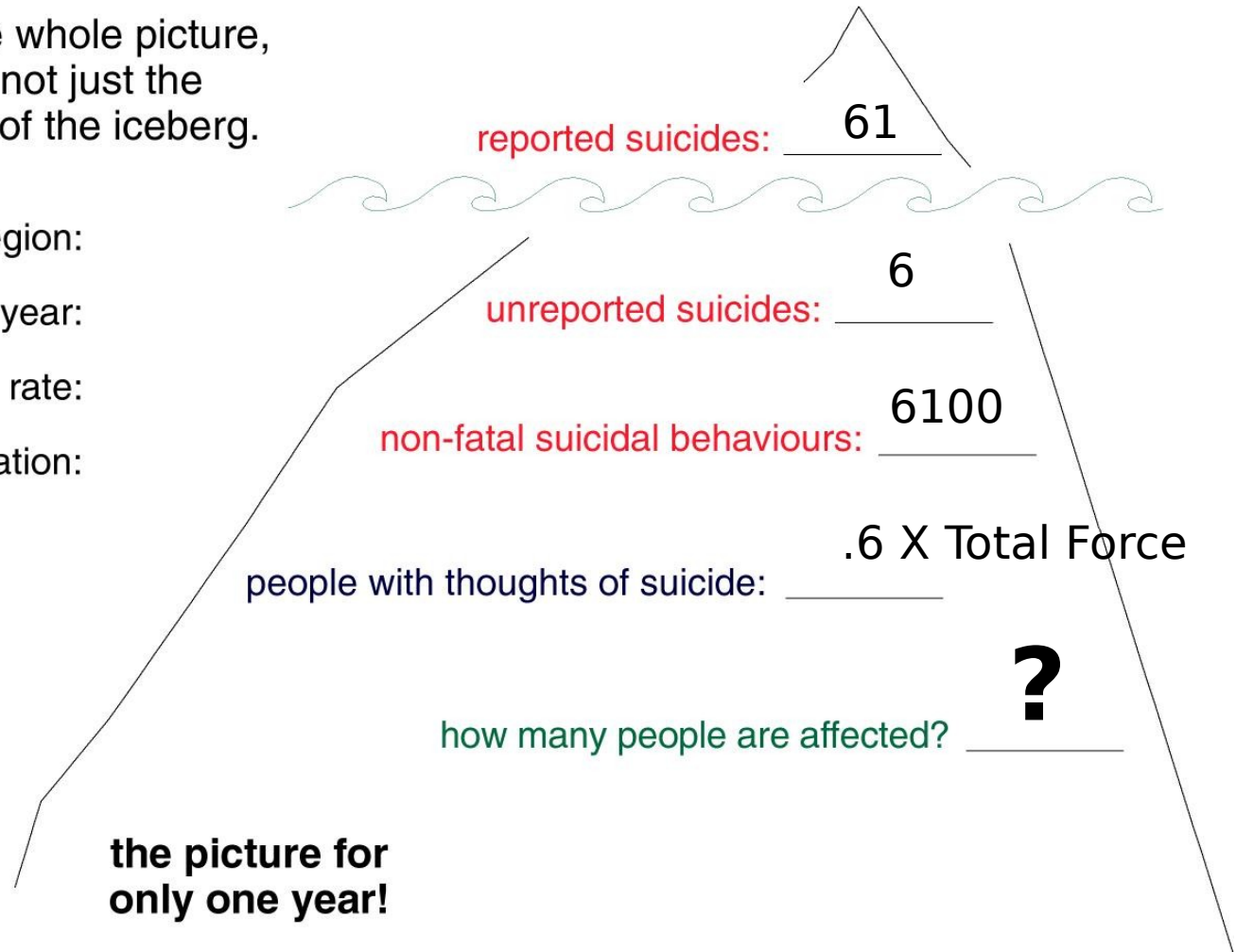
	Male	Female
Confirmed	59	2



# The Big Picture

The whole picture,  
not just the  
tip of the iceberg.

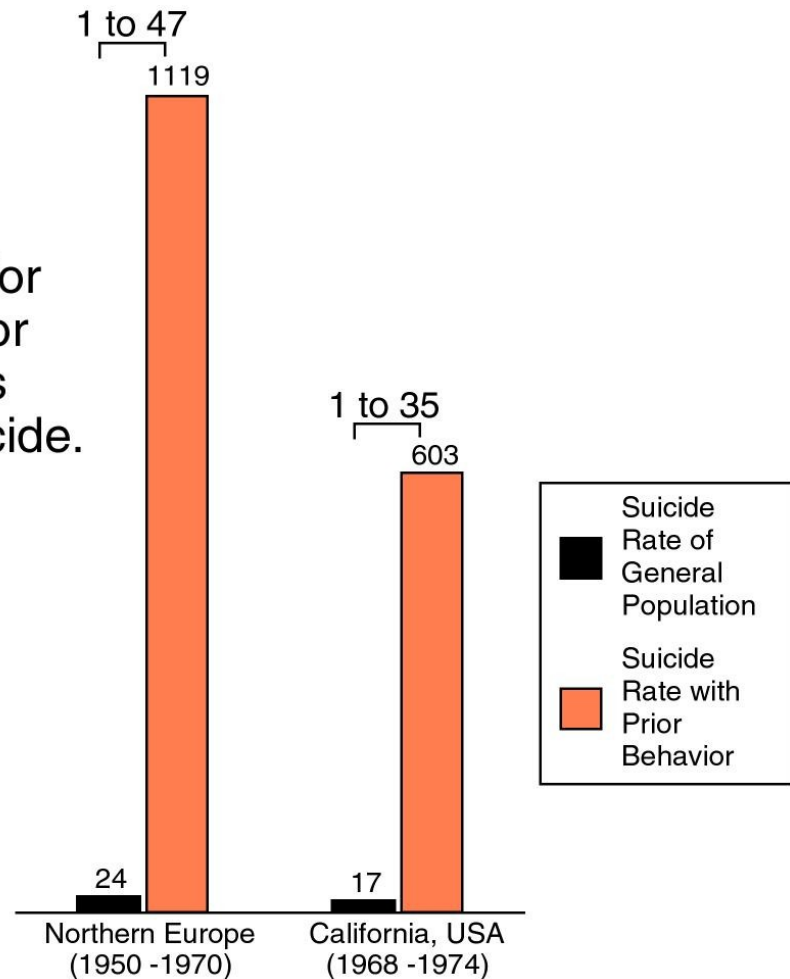
region:  
year:  
rate:  
population:





# History is Important

Persons with prior suicidal behavior are at 40 times greater risk of suicide.





# Job Stress is a major cause of Army Suicides.

---





**Loss is a the primary  
indicator of a potential  
suicide**

**FALSE**

- **Loss -  
Isolation**
- **History**
- **3 Key  
Emotions**
  - **worthless**
  - **helpless**





# A Suicidal Person is totally committed to dying?

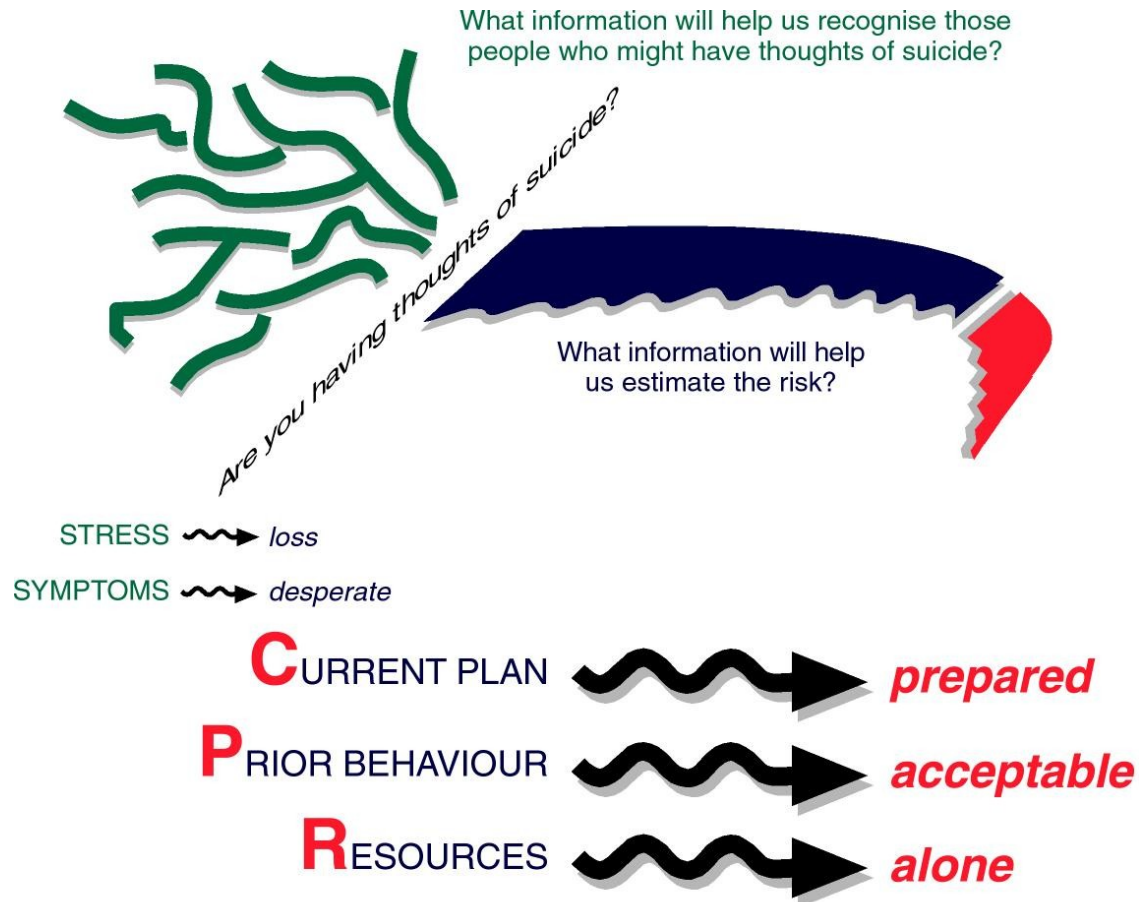
---





# You should be direct and personal when talking to a person who may be suicidal

# True!





# **Final Thoughts**

---

**When dealing with a suicidal soldier there are two priorities**

**1. Assess the Situation**

**2. Alter the Conditions**



# Final Thoughts

---

**“Intervention is possible because most suicidal people are undecided about living or dying. The only issue is which impulse will prevail: The impulse to live or the impulse to die.”**

***Leaders can make a difference!***



# Questions?



Tim Peckham